

This Victory Journal belongs to:

Why Gratitude Matters — Even Now

Cancer is messy. It flips your life upside down. It changes your body, your schedule, your conversations, and your sense of normal. And let's be honest — there are days when finding anything to be grateful for feels impossible. That's why we included this section. Gratitude isn't about ignoring the hard stuff. It's about giving yourself permission to notice the small glimmers of light — even in the darkest valleys.

Gratitude is your anchor.

It helps you remember who you are, what you love, and what's still good. Some days that might be a warm blanket, a text from a friend, or a funny moment that made you laugh when you didn't think you could. Other days, it might be harder to see — and that's okay too. The beauty of this practice is that it meets you where you are.

In these pages, you'll find space to reflect, to notice, to breathe. This isn't homework. It's heartwork. A chance to turn inward and choose presence over panic - even for just a moment.

Write down one thing. Or five. Or none, and just come back tomorrow.

**Your healing matters. Your joy matters.
And even in this storm, you are worthy of moments of peace.**

*Keep going, Warrior.
There is power in your pen, and there is strength in your spirit.*



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